

Poetry 4 Grenfell One Year On show



Hear prolific voices from the North Kensington community reciting, singing and rapping from the 'Poetry 4 Grenfell – Voices from da Grove and Latimer' book and film at their One Year On show.

The Poetry 4 Grenfell One Year On show will take place on **Saturday 14 July** from **8pm** at **The Bush Theatre, 7 Uxbridge Road, W12 8LG**.

The 'Poetry 4 Grenfell - Voices from da Grove and Latimer' book will be available to buy at the event, which will help Kamitan Arts, the organisers of the show, offer free projects for the community in the future.

Tickets to this commemorative event are available by calling **020 8743 5050** or online at www.bushtheatre.co.uk/event/poetry-4-grenfell

Survivors of the Grenfell tragedy and their immediate family are invited to attend free of charge and are also welcome to a free copy of the 'Poetry 4 Grenfell – Voices from da Grove and Latimer' book. To enquire about this, contact Kamitan Arts on ka.1@hotmail.co.uk.

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Primary school tackles plastic with new mural

Oxford Gardens Primary School pupils have started work on their second bottle-top art project; a continuation of their 2016 mural (pictured) which was based on "The Wave" by Hokusai and the school motto, "Sail to Success!".

The gigantic art project, titled "Planet Earth", aims to demonstrate how many plastic bottles are used every day by looking at the amount of bottle tops that have been

collected in just a small section of North Kensington.

The school wants to raise awareness of the importance of recycling and reusing plastic.

Each year group from the school is taking part in the construction of the mural which the school aims to complete before breaking up for the summer holidays.

We will feature the finished mural in Grenfell Support News when it has been completed.



Sow the seeds for a better community – become a volunteer gardener

Are you interested in gardening? Would you like an opportunity to help make your community more sustainable? Just Solutions 123 are looking for volunteers to join their active and knowledgeable team. Volunteers will be part of community gardening activities and will support the maintenance and nurturing of local outdoor spaces.

With help from volunteers, forgotten and neglected spaces can be transformed into useful and beautiful gardens.

As a gardener volunteer, you will help with:

- Planting and weeding,
- Promoting sustainability in the local community
- Expanding projects so they reach more areas

Volunteers can offer as little as one to two hours a week and all ages are welcome to come and get involved (under 18s must be supervised by adults).

If this sounds like something you would like to get involved with, join the team at **Argan Tree Café, Maxilla Walk, W10** at **3.30pm** on **Tuesdays** and **Sundays**.

Gardening not your thing?

There are many voluntary opportunities available on the Volunteer Centre Kensington and Chelsea website www.voluntarywork.org.uk, from fashion to fundraising, social media to mentoring, volunteering is a great way to get involved with your local community and add experience to your CV.

For any queries about this or any other volunteering opportunities, email angela.weir@vckc.org.uk.



Health workshops for men this summer

Improve your health and wellbeing at one of the free men's workshops on offer at the **Dalgarno Community Centre, Dalgarno Way, 1 Webb Close, W10 5QB**. They start on **Friday 13 July** and run each following **Friday** for three weeks. The programme is as follows:

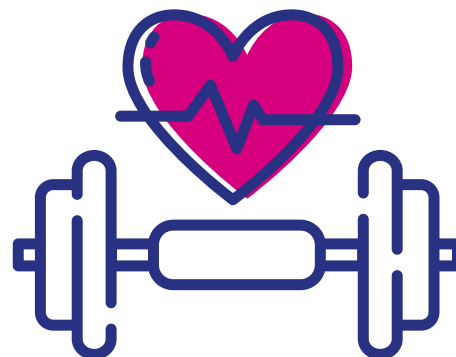
Friday 13 July: Men's yoga workshop.

Friday 20 July: Mindfulness workshop. Refine the practice of living in the moment and allowing your mind to rest.

Friday 27 July: Nutrition workshop. A healthy lifestyle starts with what you eat, learn about how to give your body what it really needs in order to thrive.

Friday 3 August: Sexual health workshop. Learn how to minimise the risk of encountering problems with your sexual health.

For further information on any of these workshops and to book your place on the course, contact Davendra on **020 8969 6300** or email davendra@dalgarnotruster.org.uk.



Help to raise awareness of It's OK not to feel OK campaign

More people are helping to spread the word about the It's OK not to feel OK campaign to help break the stigma around mental illness and death by suicide.

We are encouraging as many people as possible to share the campaign to help raise awareness of mental health issues and to encourage people to continue to talk more openly about this.

Through the campaign, we'll be sharing some important information about which groups are

more affected by suicide and how they can get the help they need.

You can find out more about the campaign on our dedicated website www.oknottofeelok.org which provides lots of information on how to seek help and advice on who you can talk to if you are struggling.

Anyone can call the NHS number at any time on **0800 0234 650** or The Samaritans on **116 123**. If you can't face talking to someone on the phone, then you can email jo@samaritans.org.



Activities Programme at The Curve Community Centre

Monday 9 July

- **10am–12 noon** – The Hand of Hope Women's Group
- **10am–12.30pm** – Nova ICT Class
- **1pm–3pm** – English skills (literacy for native speaking)
- **2pm–4pm** – Grenfell Support Service (drop-in)
- **5pm–7pm** – Homework Club ages 11–18 with a qualified tutor (drop-in)
- **6pm–8pm** – Pre-ESOL English
- **6.30pm–7.30pm** – Women's only Zumba Class

Tuesday 10 July

- **9.30am–11.30am and 12.25pm–2.30pm** ESOL English language classes (please email sakinah.touzani@westway.org to book)
- **10.30am–12.30pm** – Job search and CV sessions (open area 1st floor) (drop-in)
- **10.30am–12.30pm** – Helping children deal with loss (please email thecurve@rbkc.gov.uk to book)
- **10am–3pm** – Fouzia's Sewing Club – sewing club for all, grow your skills, knit and natter (drop-in)
- **1pm–3pm** – Music Café with the NHS
- **1.30pm–2.30pm** – Grief Encounters, speak, listen and share with Elisha and Ana
- **5pm–7pm** – Arabic Language Classes for ages seven plus (registration is required - please email thecurve@rbkc.gov.uk)
- **7pm–8pm** – Grief Encounters men's club with Colin

Wednesday 11 July

- **10am–12 noon** – World coffee morning – free and open to all for a coffee and a chat
- **10am–12.30pm** – Nova ICT employment skills
- **10.30am–12.30pm** – Job search and CV sessions (open area 1st floor) (drop-in)
- **2pm–4pm** – Drug and alcohol drop-in session
- **4pm–6pm** – Journey of Hope - Mini wellbeing retreats to build resilience in people and peer networks who have reached a place of despair
- **4pm–7pm** – Girls youth group for ages 13 plus (run by Laura for emotional health and wellbeing)
- **5.30pm–9pm** – Women for Grenfell – A panel discussion about what is happening in the local community
- **6pm–7pm** – Shared reading group, open to all reading abilities. Come and share the joy of reading as a group



Thursday 12 July

- **10.30am–11.30am** – Stay and Play for children and parents/carers. A chance to play, sing, explore and learn together.
- **12.30pm–2.30pm** – Mums and Bumps
- **1pm–3pm** – ICT Skills and pre-employment support, suitable for those not ready for the Job Centre (drop-in)
- **2pm–3pm** – Nova (Alex) ITC Employment skills (drop-in)
- **4pm–4.45pm** – Healthy snack time for kids (limited spaces, please email thecurve@rbkc.gov.uk to book)
- **4pm–6pm** – Young artists for ages five–11. For keen young artists looking to learn and develop their skills
- **5pm–7pm** – Arabic Language Classes for age seven plus (registration is required - please email thecurve@rbkc.gov.uk)

Friday 13 July

- **9am–10.30am** – MEND Mini - weekly sessions run by a registered nutritionist and physical activity specialist. Offers practical chopping and tasting activities and games/exercises aimed at enhancing physical and social development for ages two–four years.
- **10am–1pm** – ACAVA Pottery workshop (to book please email thecurve@rbkc.gov.uk)
- **10am–1pm** – Midaye- Somali development network
- **11am–11.40am** – Zumbinis – Zumba for children (under five) and parent/carers

The Crèche's opening hours are:

Monday, Tuesday, Wednesday and Friday
10am to 12noon and 1pm to 3pm.

No crèche on Thursdays.

The Crèche is for parents attending appointments or courses at the Curve. Other Curve users are also able to use the crèche space when attending an event or activities. To book, please email: thecurve@rbkc.gov.uk

The Curve Community Centre opening hours are **10am to 8pm Monday to Friday** and **11am to 6pm** on weekends.

The Curve Community Centre, 10 Bard Road, London W10 6TP

Some sessions need to be booked in advance to secure your place, so email thecurve@rbkc.gov.uk and they will confirm your reservation by return.



For a full list of events visit grenfellsupport.org.uk/thecurve/events

Support services on offer

Anyone who would like to speak to the police in relation to the investigation into the fire is asked to contact the Met Police on **0800 032 4539**.

Important Contacts

Cruse Bereavement Care

Call the Freephone helpline on **0808 808 1677** or email **helpline@cruse.org.uk**

The helpline is open **Monday-Friday** from **9.30am-5pm**. Extended hours Tuesday, Wednesday and Thursday evenings until 8pm.

Replacement UK passports, visas or immigration queries

Call our advice line on **0300 303 2832**. The line is open 24 hours.

Air quality and smoke exposure

If you have concerns about any symptoms, please see your doctor or call NHS **111**.

Housing support

If you have any questions about housing or want to find out who your housing officer is please call **0800 137 111** or **020 7361 3008**.

Victim support

Call **0808 1689 111** for practical and emotional support, or visit **victimsupport.org.uk**. The line is open 24 hours a day.

The Grenfell Muslim

Response Unit also offers additional support. Find out more by emailing **info@gmru.co.uk**

You can also get physical and mental support at **The Curve Community Centre**. Call **077 1223 1133**.

Hestia, Central and North West London NHS Foundation Trust, and the Drug and Alcohol Service are based overnight at the **Notting Hill Methodist Church, Lancaster Road** from **10pm to 8am**. Pop in for a chat and support.

Upcoming meetings

Residents welcome to attend.

Full Council:

Wednesday 18 July, 6.30pm
Kensington Town Hall

Grenfell Recovery Scrutiny Committee:

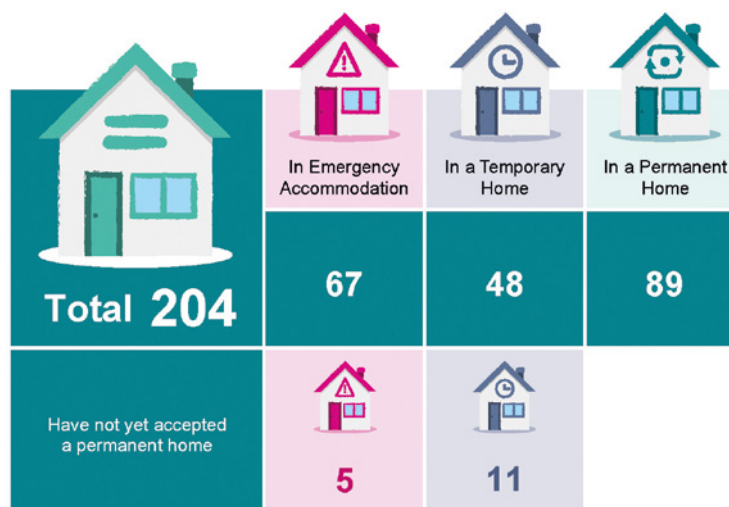
Tuesday 24 July, 6.30pm
Kensington Town Hall

Grenfell Tower and Grenfell Walk rehousing progress update



These are the figures for

5 July 2018



Box yourself fit with Men's Boxercise

It's no secret that boxing is a great way to build physical and mental strength. Men's Boxercise at **Dalgarno Community Centre, Dalgarno Way, 1 Webb Close, W12 5QB**, combines the discipline of boxing with the benefits of group exercise. Focus your mind while building muscle and burning fat.

The course starts on **Tuesday 17 July** and runs from **10am to 11am**. It continues on **Tuesday 24 July** and **Tuesday 31 July**. All men are welcome to attend. To register, contact Davendra on **020 8969 6300** or email **davendra@dalgarnotrust.org.uk**.



London Fire Brigade continues to provide evidence to the Grenfell Tower Public Inquiry

This week, London Fire Brigade officers continued to give evidence to the Grenfell Tower Public Inquiry. This evidence is scheduled to continue for the next four weeks. This follows the opening statements from participants in the Inquiry including the bereaved, survivors, the Council and private companies that have been identified as core participants by the Inquiry.

A full list of statements and evidence provided to the Inquiry so far can be found here: **www.grenfelltowerinquiry.org.uk/hearings**.

The Council's opening statement to the Inquiry was delivered on

Wednesday 6 June by James Maxwell-Scott QC, you can find it here: **bit.ly/2tjTbYf**

For more general information on the work of the Inquiry and recordings of the hearings to date, please visit **www.grenfelltowerinquiry.org.uk**.

The hearings have been an emotional time for many people and videos and images of the night of the tragedy have been shown. There is support available for all those who have been affected. For urgent emotional and wellbeing support, you can call **0800 0234 650** at any time.

The newsletter is also available in Arabic and Farsi languages.